



# Take Ten

*Student Teaching Gem  
Rachel Alva*



Summer 2012

## When?

**Make Take Tens a regular part of your daily routine.**

During my internship, we used them to break up a long literacy/math block.

**Use them whenever the kids seem restless.** Students often seemed refreshed and more focused after having a chance to move.

## Get students moving while reinforcing content standards.

Kids need regular exercise to be physically and mentally healthy. A “Take Ten” is a structured ten-minute break that allows students to move their bodies while chanting something useful. Here is how to do it:

- 1 Call on a student to select a type of movement.
- 2 It should be something active, like jumping jacks, jogging in place, or leap frogs.

Call on another student to select something to chant. We usually counted in other languages or forwards and backwards by 2s, 10s, 20s, etc. depending on our math standards, but the possibilities are endless. You could use the alphabet, letters in spelling words, or anything else that is relevant to your students.